Wellesley Recreation

Jazz Aerobics

Instructor: Bitsy Graham

Strong heart, Strong muscles, Strong bones! That's what you get from Jazz Aerobics: 25 - 30 minutes of choreographed, energetic routines to your favorite music from the 60's all the way to Broadway, abdominal and core strengthening, muscle toning, strengthening of legs & arms, balance work, and, of course, stretching and flexibility. Bring hand and applies weights, and a "core do" attitudely

hand and ankle weights, and a "can do" attitude!

Location: Warren Building Min: 10/Max: 20

11 weeks, 2 or 3 days per week

Day Time Dates

M/W/F 8:45 - 9:45 am March 31 - June 13

(No class 4/21 & 5/26)

\$225 for three days per week \$195 for two days per week



NEW!

Heartbeat for Adults

Instructor: Bitsy Graham

This is a comprehensive fitness program featuring aerobics, toning and flexibility. The routines are choreographed, easy to learn, and they emphasize cardiovascular efficiency. There is nothing tedious or boring about this class!

Location: Sprague School Min: 10/Max: 20

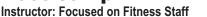
11 weeks, 2 or 3 days per week

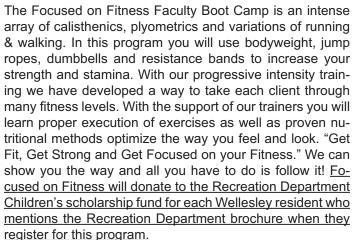
Day Time Dates

T/Th/F 6:15 - 7:15 am April 1- June 13

\$225 for three days per week \$195 for two days per week

Boot Camp





@ 5 Weathersfield Road, Natick (Right off Rt 9 West)

 Day
 Time
 Dates

 Thur
 3:30 - 4:30 pm
 Open enrollment

Please call 617-281-2329 or email andyprovost@comcast.net

for class availability & pricing.

Boogie Into Shape with Bitsy

Instructor: Bitsy Graham

Come and experience a complete and comprehensive workout featuring creative choreographed routines done to upbeat and popular tunes. Aerobics, muscle toning, weight training (using light hand and ankle weights), and stretching, all in one very dynamic hour. Getting in shape can and should be fun! Please bring an exercise mat to class.

Location: Warren Building Min: 10/Max: 20

11 weeks, 2 days per week

 Day
 Time
 Dates
 Price

 Tu & Th
 9 - 10 am
 April 1- June 12
 \$195

Introduction to Aikido

Instructors: Josh Nathan

A traditional Japanese martial art, Aikido may be translated as "the way of harmony with universal energy." Aikido is both an excellent form of physical exercise and self-defense. The study of Aikido technique teaches smooth, balanced, and coordinated movement in a non-competitive, cooperative atmosphere. Aikido contains no punching or kicking techniques and is suitable for adults of any age and physical condition. In this course, you will learn the nine basic movements of Aikido, which can be combined to perform hundreds of basic techniques. You will learn how to fall on the mat safely, and to coordinate your movement with your partner. Please wear loose fitting sweats with long sleeves and pants. We practice barefoot or with socks.

Location: Warren Building Min: 6/Max: 10

8 weeks

 Day
 Time
 Dates
 Price

 Mon
 6 - 7:30 pm
 April 7 - June 9 (No class 4/21 & 5/26)
 \$125

Golf Conditioning & Flexibility

Instructor: Focused on Fitness Staff

Taught by 22 year veteran and "Best of Boston" personal trainer, Andrew Provost will work with you to produce that smooth, consistent swing that keeps you smiling at every hole. An avid golfer who works with numerous golf, tennis, hockey and lacrosse playing athletes, Andy will show you that the training concepts (conditioning and flexibility) for Core Sports are all the same. Get your game, (back, shoulders and hips) into great working order with a class that you can count on for results. Focused on Fitness will donate to the Recreation Department Children's scholarship fund for each Wellesley resident who mentions the Recreation Department brochure when they register for this program.

@ 5 Weathersfield Road, Natick (Right off Rt 9 West)

 Day
 Time
 Dates

 Thur
 7 pm
 Open enrollment

Please call 617-281-2329 or email andyprovost@comcast.net for class availability & pricing.

Co-Ed Volleyball: (Ages: High School +)

This is an opportunity to play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up volleyball. The Recreation Department reserves the right to limit the number of drop-in players and to cancel evening drop-in activities.

Location: Warren Building

Day	Time	Price
Thur	7 – 9 pm	Free

Women's Basketball: (Ages: High School +)



This is an opportunity to play pick-up games, once a week. The Recreation Department reserves the right to limit the number of drop-in players and to cancel evening drop-in activities.

Location: Warren Building

Day	Time	Price
Tue	7 – 9 pm	Free

Hunnewell Tennis Court Lights

In order to utlize the Hunnewell Tennis Courts at night, tennis players will be required to purchase a tag which allows you to play 7 nights a week.

Important Information:

Once the lights are turned on, using the courts after 6 pm will require the purchase of a tennis tag.

*Tags will be sold at the Recreation Office starting Tuesday, April 22, M -F, 8:30 am - 4:30 pm. Tags will be sold at the courts starting May 1, one evening to be determinded. Tag purchases at the courts may be done by check or credit card only (VISA/MC)

*Due to special events or circumstances, the Town of Wellesley reserves the right to postpone activities in or around the Hunnewell Field Complex including the Hunnewell Tennis Courts.

Night time tennis will require a tag. Tag Fees:

		<u>Resident</u>	<u>Non-Resident</u>
•	Weekly Guest Tag:	\$10	\$10
•	Individual Tag:	\$50	\$65
•	Family Tag:	\$120	\$135

*Tags <u>ARE NOT</u> transferable from one person to another.

Lights will be on 7 nights per week from:

May 1 - October 31, 2008 From 6 pm - 9:30 pm

Hoofbeats: Adults

Instructor: Century Mills Stables

Whether you are an experienced rider that has been away from the sport, or a beginner just starting out with a love of horses, join Century Mills Hoofbeats program and join the fun! No experience necessary. Students will spend half of each class learning the basics of horse care and horsemanship (grooming and tacking) and the other half in the saddle in a small group lesson. Century Mills offers experienced MA licensed instructors, and top quality lesson horses for all programs. Facilities include outdoor and indoor arenas, and a heated viewing lounge (lessons run in all weather). Please wear long pants and comfortable hard soled shoes with a heel (no sandals) – paddock boots are ideal. Helmets available, or bring your own for a perfect fit.

NO REFUNDS for withdrawl after registration deadline.

DEADLINE TO REGISTER IS 5 BUSINESS DAYS BEFORE THE START OF EACH SESSION.

Min: 1/Max: 6

4 classes/session						
Session	Day	Time	Dates	Price		
1	Sat	2 - 2:50 pm	April 5 - 26	\$175		
2	Sat	2 - 2:50 pm	May 3 - 31 (no class 5/24)	\$175		
3	Sat	2 - 2:50 pm	June 7 - 28	\$175		

Directions to Horseback Riding
Century Mill Stables is only a stone's throw from Route 495 – How one
gets to Route 117 from Wellesley is pretty much up to the individual
and how well they know the area. Staying on major highways it is best
to come to Route 495 from Wellesley via Route 9 or via Route 128 to
the Mass Pike West. Go north on Route 495. Take exit 27 (Bolton/Stow
exit) and at the bottom of the ramp take a left onto Route 117 toward
Stow and then an IMMEDIATE right onto Route 85. Go one mile on
Route 85 and take a right onto Century Mill Road. Century Mill Stables
(#185) is one mile down on the right. Please call (978-779-2934) if you
have trouble finding the stable.